



Artistic Dental
at the biltmore

After Periodontal Scaling and Root Planning Homecare Instructions

These instructions will help you to be more comfortable, prevent complications, and support your healing process.

Bacterial plaque is primarily responsible for periodontal disease. It is very important that you continue brushing and flossing to reduce bacteria in your mouth.

1. **Brushing.** Brush 2 times a day.
2. **Rinsing.** Rinse up to 2 times a day with a lukewarm salt-water rinse. Use ½ teaspoon of salt dissolved in an eight-ounce glass of warm water.
3. **Flossing.** Your hygienist will recommend a beneficial flossing routine for you.
4. **Fluoride.** The dentist recommends fluoride toothpaste.
5. **Prescription Mouth Rinse.** If a prescription mouth rinse was prescribed, be sure to rinse (as instructed) in the morning and at night for up to 2 weeks.

Discomfort: Your gums may be tender for a couple of days following your treatment. Take what you normally would for pain. If the discomfort is severe, please contact us immediately. If you experience stiffness of your jaw, place warm towels on the area. You may experience slight sensitivity to cold, hot, sweets, and/or pressure on your teeth. **DO NOT** let this prevent you from brushing and flossing. Please follow the oral hygiene care instructions above.

Smoking: Studies show that smoking greatly reduces the healing process in gum disease. We recommend patients quit smoking if they have gum disease. If you choose to smoke, please refrain from smoking for at least 24 hours after scaling and root planning.

Periodontal disease cannot be cured, but it can be managed. Most people with periodontal disease can keep their natural teeth by completing this prescribed regimen of scaling and root planning, as well as keeping a more frequent cleaning and maintenance program. We are happy that you have made a commitment to preserving your natural teeth, and we look forward to helping you do so.

*If you have any further questions or concerns, please contact the office at 602-840-5400.
Our emergency line is 602-432-1155.*

What to expect for future appointments after Periodontal therapy:

- 1. Moving forward you will have Periodontal Maintenance therapy instead of prophy appointments.**
- 2. This type of therapy will continue to maintain your oral health with periodontal disease.**
- 3. Your cleaning is no longer a prophy due to existing bone loss and exposed tooth. This disease is what initially warranted your periodontal therapy.**
- 4. Your periodontal disease will continue to need maintenance due to exposed roots from a history of bone loss to achieve long term tooth retention.**
- 5. Your hygienist will spot probe or full mouth probe at every appointment and perform localized SRP to try to prevent the need for future SRP.**
- 6. Cost of periodontal maintenance will reflect the history of disease and cover the treatment needed during your therapy to maintain health.**